

## ENROLLMENT TERMS & CONDITIONS

- ◆ The Skating School reserves the right to change the day and/or time of class lessons
- ◆ A minimum of 3 students must register for each class or the class may be cancelled
- ◆ **NO REFUNDS** or **CREDITS** will be made for absences or classes missed by the students
- ◆ All refunds will be subject to a pro-rated fee
- ◆ **NO** full refunds will be issued without a doctor's note

**DUE TO COVID19  
MAKE UP CLASSES  
ARE NOT  
AVAILABLE!**



### QUESTIONS?

Contact Kelly, Skating School Director at  
k.orndorff@comcast.net  
301-662-7362 ext. 16

## CLASS DESCRIPTIONS

**ICE BABIES: 3 year old Beginner Class:** sit & stand up with skates off & on the ice, march in place, march forward, march, then glide on 2 feet, dip in place

**SNOWPLOW 1: 4 & 5 yr. old Beginner Class:** sit & stand up with skates off & on the ice, march in place, march forward, march then glide on 2 feet, dip in place

**SNOWPLOW 2: must have passed Snowplow 1:** march followed by long glide, dip while moving, backward walking, toes turned inward, shifting weight, backward wiggles, forward swizzles snowplow stop motion, 2 foot hop in place

**SNOWPLOW 3: must have passed Snowplow 2:** forward skating, forward 1 foot glide, forward 2 foot swizzles, backward swizzles, forward snowplow stop, curves

**SNOWPLOW 4: must have passed Snowplow 3:** forward skating, backward 2 foot glide, backward swizzles, rocking horse, 2 foot turns forward to backward, 2 foot hop.

**BASIC 1: 6—14 yr. old Beginner Class:** march forward across the ice, forward 2 foot glide, dip forward swizzles, backward wiggles, beginning snowplow stop.

**BASIC 2: must have passed Basic 1:** scooter pushes, forward 1 foot glides, backward 2 foot glide, rocking horse, backward swizzles, 2 foot turns forward to backward, moving snowplow stop

**BASIC 3: must have passed Basic 2:** forward stroking, forward half swizzle pumps on a circle, moving forward to backward 2 foot turns on circle, backward 1 foot glides, backward snowplow stop, forward slalom

**BASIC 4: must have passed Basic 3:** forward outside edge on circle, forward inside edge on a circle, forward crossovers, backward half swizzle pumps on circle, backward 1 foot glides, backward 2 foot spin

**BASIC 5: must have passed Basic 4:** backward outside edge on circle, backward inside edge on circle, backward crossovers, forward outside three turn, advanced 2 foot spin, hockey stop

**BASIC 6: must have passed Basic 5:** forward inside 3 turn, moving backward to forward 2 foot turn on circle, backward stroking, beginning 1 foot spin, 1-stops, bunny hop, forward spiral on straight line

**PRE-FREE SKATE: must have passed Basic 6:** forward inside open mohawk, backward crossovers to backward outside edge glides, backward outside edge to forward outside edge transition, 2 forward crossovers into a forward inside mohawk, step down & cross behind step into 1 backward crossover & step to a forward inside edge, both directions, 1 foot upright spin, mazurka, waltz jump

**FREE SKATE 1: must have passed Pre-Free Skate:** forward power stroking, forward outside & forward inside consecutive edge, backward outside 3 turns, upright spin entry from back, crossovers, half flip, toe loop

**FREE SKATE 2: must have passed Free Skate 1:** alternating forward outside & inside spirals on continuous axis, backward outside & backward inside consecutive edges, backward inside 3 turns, beginning back spin, half lutz, salchow

**FREE SKATE 3: must have passed Free Skate 2:** alternating backward crossovers to back outside edges, alternating Mohawk/crossover sequence, waltz 3 turns (forward outside 3 turn, backward outside edge glide), back spin w/free foot in crossed leg position, loop jump, waltz or slachow jump—toe loop combination

**FREE SKATE 4: must have passed Free Skate 3:** forward power 3 turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip

**FREE SKATE 5: must have passed Free Skate 4:** backward outside 3 turn, mohawk, 5 step Mohawk sequence both directions, camel spin, waltz jump loop jump combination, lutz jump

**FREE SKATE 6: must have passed Free Skate 5:** forward power pulls, creative step sequence using a variety of three turns, mohawks & toe steps, camel, site spin combination, layback or attitude spin or cross foot spin, waltz jump-half loop-salchow jump sequence, axel

**BASIC HOCKEY: Hockey skates, helmet w/cage and hockey gloves required!**  
4 & 5 yr. old— must have completed Snowplow 3  
6 yr. old & above— must have completed Basic 2

Class prepares skaters for Learn to Play. Falling & recovery to a balanced, standing position, proper hockey stance, 2 foot glides & dips, forward swizzles double c-cuts, t-push to 2 foot glide, snowplow stop, forward strides using 45 degree v-push, forward 1 foot push & glide (r & l), forward c-cuts single leg & alternating feet, backward hustle, backward swizzles double c-cuts, lateral crossover march

**BEGINNER ADULTS: 15 yr. old & above:** forward marching, forward 2 foot glide, forward swizzle, rocking horse, dip, forward snowplow stop, stroking, 1 foot glides, forward slalom, backward skating & swizzles, 2 foot turns in place.

**INTERMEDIATE ADULTS: 15 yr. old & up—must have passed Beginner** stroking, forward half swizzle pumps on circle, forward to backward & backward to forward 2 foot turn, backward skating into 2 foot glide, forward chasses on circle, backward snowplow stop, forward outside edge & inside edge on circle, forward crossovers, backward one foot glides, backward half swizzle pumps on circle, hockey stop, backward outside and inside edge on circle, backward crossovers, forward outside 3 turn, forward swing rolls, 2 foot spin.

**ADVANCED ADULTS: 15 yr. old & up—must have passed Intermediate:** forward and backward stroking with crossover end patterns, forward inside 3 turn, forward outside to inside change of edge, t-stop, lunge, 2 foot spin into 1 foot spin. Once these skills are accomplished, free skate skills will be introduced.

LEARN TO  
**SKATE**  
USA

**JANUARY**



**Group  
Lesson  
Program**

**SKATE FREDERICK ICE SPORTS**

1288 Riverbend Way \* Frederick, MD 21701

301-662-7362 \* www.skatefrederick.com

# SKATE FREDERICK'S Learn to Skate COVID19 GUIDELINES:

Please **DO NOT ENTER** the building prior to 10 minutes of your class time \* 1 parent permitted and no non-skating siblings  
 Face mask or covering **MUST BE** worn at all times while in the building, except on the ice \* All instruction is non-contact  
**NO** skating bags allowed in the building \* Please arrive already dressed for class \* **NO** changing of clothes

Thank you for adhering to our COVID19 guidelines for the safety and health of everyone.

## FIRST DAY OF CLASS

- ◆ Skaters should arrive 10 minutes prior to the start of class
- ◆ Pick up skates at Skate Rental
- ◆ All classes will meet directly on the ice at the designated door for their scheduled class time

## CLASS REGISTRATION INCLUDES

- ◆ 25 minutes instructional time once a week for 8 weeks
- ◆ 5 minutes allocated for parent questions to the class instructor at the end of the 25 minute instruction time
- ◆ Student membership to Learn to Skate USA Basic Skills Program
- ◆ Learn to Skate USA Basic Skills record book
- ◆ Complimentary public session pass card.

## PROPER SKATING ATTIRE

- ◆ **Bike helmets** required for 3, 4 & 5 year olds.
- ◆ **Dress in thin layers** (nothing big and bulky—NO ski suits)
- ◆ **Gloves** (NOT mittens)
- ◆ **One pair of thin socks** (thick socks can cause blisters)
- ◆ Figure skates are easier to learn in because the longer flat blade provides the skater with more stability. If playing hockey is your goal, the switch to hockey skates may be made after a time of success with figure skates. Please consult your instructor first before making the switch.

**QUESTIONS?** Contact Kelly at [k.orndorff@comcast.net](mailto:k.orndorff@comcast.net)

## WEEKDAY MORNING 8 Week CLASSES

- Basic 1** (6 yr. old & above) Beginner - 9:30-10:00 am - \$115
- Basic 2** (Passed Basic 1) - 10:00-10:30 am - \$115
- Basic 3** (Passed Basic 2) - 10:30-11:00 am - \$115

**WEEKDAY MORNING CLASSES**  
start Jan. 14, ends March 4

## WEDNESDAY 8 Week EVENING CLASSES

Classes start Jan. 13, ends March 3

**5:00-5:30 pm**

**COST: \$115**

2nd family member \$110

**Ice Babies** (3 yr. old) Beginner

**Snowplow 1** (4 yr. old) Beginner

**Snowplow 2** (4 yr. old) Passed S1

**Snowplow 3** (5 yr. old) Passed S2

**Basic 1** (6-7 yr. old) - Beginner

**Basic 2** (6-7 yr. old) Passed B1

**Basic 3** (6-8 yr. old) Passed B2

**\*\*Basic Hockey** Passed S3 or B2

**\*\*Hockey skates, helmet w/cage and hockey gloves required!**

**6:00—6:30 pm**

**COST: \$115**

2nd family member \$110

**Basic 1** (8-10 yr.) - Beginner

**Basic 2** (8-10 yr. old) Passed B1

**Basic 3** (9 & above) Passed B2

**Basic 4** (all ages) Passed B3

**Basic 5** (all ages) Passed B4

**Basic 6** (all ages) Passed B5

**Pre-Freeskate** Passed B6

**Advanced Adult: (1 hour \$215)**

Passed Intermediate Adult

**Intermediate Adult:**

Passed Beginner Adult

**7:00-7:30 pm**

**COST: \$115**

2nd family member \$110

**Snowplow 1** (5 yr. old) Beginner

**Snowplow 2** (5 yr. old) Passed S1

**Snowplow 3** (5 yr. old) Passed S2

**Basic 1** (11-14 yr. old) Beginner

**Basic 2** (11-14 yr. old) Passed B1

**Freeskate 1 & 2** Passed Pre-Free

**Freeskate 3 & 4** Passed FS 2

**Freeskate 5 & 6** Passed FS 4

**Beginner Adult** (15 & above)

## SATURDAY 8 Week MORNING CLASSES

Classes start Jan. 16, ends March 6

**9:30-10:00 am**

**COST: \$115**

2nd family member \$110

**Ice Babies** (3 yr. old) Beginner

**Snowplow 1** (4 yr. old) Beginner

**Snowplow 2** (4 yr. old) Passed S1

**Snowplow 3** (4 yr. old) Passed S2

**Basic 1** (6-7 yr. old) Beginner

**Basic 2** (6-7 yr. old) Passed B1

**Basic 3** (6-8 yr. old) Passed B2

**Beginner Adult** (15 & above)

**10:30—11:00 am**

**COST: \$115**

2nd family member \$110

**Basic 1** 8-10 yr. old) Beginner

**Basic 2** (8-10 yr. old) Passed B1

**Basic 3** (9 & above) Passed B2

**Basic 4** (all ages) Passed B3

**Basic 5** (all ages) Passed B4

**Basic 6** (all ages) Passed B5

**Pre-Freeskate** Passed B6

**Advanced Adult: (1 hour \$215)**

Passed Intermediate Adult

**Intermediate Adult:**

Passed Beginner Adult

**11:30 am—12:00 pm**

**COST: \$115**

2nd family member \$110

**Snowplow 1** (5 yr. old) Beginner

**Snowplow 2** (5 yr. old) Passed S1

**Snowplow 3** (5 yr. old) Passed S2

**Basic 1** (11-14 yr. old) Beginner

**Basic 2** (11-14 yr. old) Passed B1

**Freeskate 1 & 2** Passed Pre-Free

**Freeskate 3 & 4** Passed FS 2

**Freeskate 5 & 6** Passed FS 4

**\*\*Basic Hockey** Passed S3 or B2

**\*\*Hockey skates, helmet w/cage and hockey gloves required!**

# JANUARY 2021 REGISTRATION

Skate Frederick's Skating Academy reserves the right  
to change the day and/or time of classes

PLEASE PRINT CLEARLY

**SKATER'S NAME:** \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

**SKATER'S NAME:** \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

**SKATER'S NAME:** \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

**PARENT NAME:** \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (C) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**\*\*EMAIL:** \_\_\_\_\_

## PAYMENT METHOD: Full payment is required

ONLINE REGISTRATION AVAILABLE AT [skatefrederick.com](http://skatefrederick.com)

Cash \_\_\_\_\_ Check # \_\_\_\_\_

Visa \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

Zip \_\_\_\_\_

Master \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

Zip \_\_\_\_\_

Discover \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

Zip \_\_\_\_\_

**RELEASE:** In consideration of the Participant being permitted to register and participate in ice skating at Skate Frederick LLC we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, costs, claims or demands which we shall or may hereafter have suffer or received by reason of such participant in any program at the center. Risks include any risk of sickness arising from any and all communicable diseases, germ, bacteria, virus or infection. The release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in the conducting of said ice skating activity. Skate Frederick LLC reserves the right to use any pictures taken during the skating activity for advertising and/or promotional purposes.

I HAVE READ AND UNDERSTOOD ALL THE INFORMATION  
PRESENTED IN THIS BROCHURE.

Signature \_\_\_\_\_ Date \_\_\_\_\_

If skater is under age 18, parent/guardian signature is required.